

# A warm invitation to a Meeting to support resilience following the incident at the University

Following the recent shooting incident at the University, you are cordially invited to a meeting, which is open to all students and teachers, persons affected, witnesses, family members or people with a connection to the location of the incident.

When life-threatening events such as a mass shooting take place, it can be difficult for our brains to process all the disturbing information, which can cause lasting upsetting memories and painful symptoms. During these group meetings we will provide psychological education on how unpleasant experiences affect the workings of our

brains. We will teach you self-calming techniques and help you to deal with the unpleasant symptoms that you are experiencing. Our goal is to increase resilience and stabilise acute stress-related phenomena as a means of preventing the development of post-traumatic stress disorder.

The group meetings take place in a safe environment that respects your personal boundaries. You will not be asked to share your feelings or talk about your experiences. Everything that is said will remain confidential and any sharing will be entirely voluntary.

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## Dates and Venues:

### In person:

3. 5. (15.30)  
8. 5. (9.00)  
17. 5. (15.00)

### Registration:

[Meeting registration form](#)

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You are cordially invited to the Meetings by the team at the Czech Institute for Psychotraumatology and EMDR, headed by Zuzana Čepelíková, clinical psychologist and humanitarian worker, in cooperation with the emergency services and Charles University.

**CIPE**

Český institut  
pro psychotraumatologii  
a EMDR

